

MOUNTAIN MESSENGER

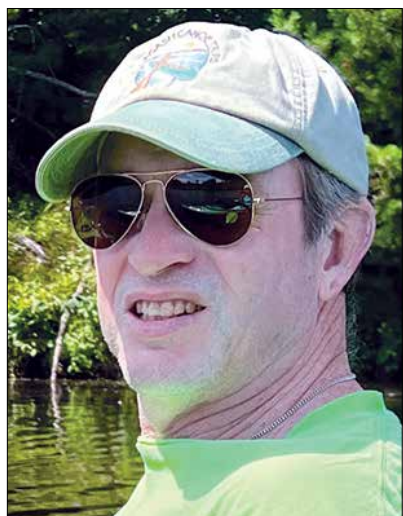
Direct Mailed Free Every Month to Homes in Avon, Phillips, Rangeley, Oquossoc, Eustis, the Plantations of Dallas and Sandy River

Volume 15 • Issue 30
 April 24th, 2026 • Week 4

Turner Publishing, Inc., PO Box 214, Turner, ME 04282-0214 • 207-225-2076 • Fax: 207-225-5333 • E-Mail: articles@turnerpublishing.net • advertising@turnerpublishing.net • turnerpublishing.net/news

High Peaks Alliance welcomes three new board members

FARMINGTON — The High Peaks Alliance is proud to welcome three new members to its Board of Directors: Phil Coffin of Carrabassett Valley, Rebecca Goldfine of West Bath, and Caulin Parker of Rangeley. Each new director brings a deep connection to the High Peaks region and a shared commitment to ensuring access for recreation.



Phil Coffin



Rebecca Goldfine



Caulin Parker

A retired lawyer and longtime Sugarloafer, Phil Coffin has been skiing Western Maine's slopes since 1968 and has called Carrabassett Valley home since 2000. Coffin previously served on the boards of Maine Huts & Trails and the Bicycle Coalition of Maine, bringing a strong background in outdoor advocacy and nonprofit governance.

"Given changing land ownership, it's important for us to work collaboratively with landowners, municipalities, and other organizations to preserve access to the Western Maine wilderness and to improve

trails and other infrastructure," Coffin said.

Rebecca Goldfine joins the Board as Secretary. A lifelong Mainer and the creator of Maine by Foot, one of the state's most comprehensive online trail guides, Goldfine co-authored the Scenic 7 Hiking Challenge in partnership with High Peaks Alliance.

Professionally, Goldfine is a public relations and communications specialist with extensive experience in higher education and the nonprofit sector. Before transitioning to PR, she worked as a newspaper reporter in Maine, Vermont, and

New Hampshire. Currently, she writes stories for Bowdoin College's news outlets and alumni magazine.

"I love to share stories, a skill I've developed over the years as a journalist," said Goldfine. "I value public access to trails made possible by generous landowners and the work of land trusts and conservation organizations. Joining the High Peaks Alliance board is a natural extension of my passion for Maine's landscapes and public recreation."

Caulin Parker, a commercial lender with Franklin Savings Bank, grew up immersed in

the outdoor opportunities of the High Peaks region. "Having the privilege to grow up in the area, I've experienced the benefits of the High Peaks region for my entire life," he said. "It's important that people continue to have access to these local gems, which aligns perfectly with the values of the High Peaks Alliance."

Parker shared that he was inspired to serve on the board by the Alliance's "desire to listen and act on direct feedback from the community regarding conservation, access, and collaboration." He hopes to help ensure that future generations

can enjoy the same opportunities for hiking, snowmobiling, and recreation that residents experience today.

Appreciation for Outgoing Board Members

High Peaks Alliance extends heartfelt gratitude to the outgoing board members, Dana

Bowman, Darryl Wood, and Dr. Gina Oswald, for their years of dedicated service and leadership. Each has played a critical role in strengthening the organization's partnerships and advancing its mission of stewardship and access. The Alliance is deeply grateful for their ongoing support and continued involvement in the work they helped shape.

"Dana, Darryl, and Gina have been instrumental in the Alliance's growth," said Director of Engagement Amanda Laliberte. "Their commitment and guidance will have lasting impacts on our mission to ensure public access. We're grateful they are staying involved in other ways."

SOMEONE FORGOT TO TREAT YOU TO A MASSAGE
 CUT THIS OUT AND REMIND THEM

Tina Falasco, LMT
 Rangeley, ME
 864-5805
 Specializing in
 Deep Tissue &
 Neuromuscular Therapy

BRING YOUR VISION

SET UP AN APPOINTMENT WITH ONE OF OUR PROFESSIONALLY TRAINED DESIGNERS AND WE WILL BE HAPPY TO HELP YOU CREATE THE SPACE YOU'VE DREAMED ABOUT!

**Kitchen,
 Bath & Flooring
 Center**

*Inspiring Ideas
 Knowledgeable Advice*

A Division of
**Hammond
 Lumber Company**

WWW.HAMMONDLUMBER.COM

MAINE CALENDAR OF EVENTS

2026

APRIL

April 10 – Auditions for “Curtains” the musical, presented by Rangeley Friends of the Arts, 6-8 p.m., Mt. Blue High School music room, Farmington. Auditions are open regardless of prior experience.

April 11 – Canton Historical Society’s “Ancestors in the Attic” event, 1-2:30 p.m. Hayford Hall, 25 Turner St., Canton.

April 11 & 12 - Auditions for “Curtains” the musical, presented by Rangeley Friends of the Arts, 6-8 p.m., RFA Lakeside Theater in Rangeley. Auditions are open regardless of prior experience.

April 12 — United Parish Concert Series, Anni Clark – folk, pop and blues, 3 p.m., 77 Main Street, Harrison.

April 14 - Getting Knit-Tea with Jenn/ knitting group, 5-6 p.m., Jay-Niles Memorial Library, 983 Main St, Jay.

April 15 - “The Tale of Two Families: Sand Hill of Augusta Absorbing the Brunt of World War Two,” 6:30 p.m., Augusta City Center, 16 Cony Street, Augusta, FMI call Scott Wood, KHS executive director, at 622-7718.

April 16 – Genre Roulette (Science Fiction), “Recur-sion”, 5:30 p.m., Lewiston Public Library, 200 Lisbon Street, Lewiston, FMI contact 207-513-3134 or lpirc@lewistonmaine.gov.

April 16 – Genre Roulette (Science Fiction), “Recur-sion”, 5:30 p.m., Lewiston Public Library, 200 Lisbon Street, Lewiston, FMI contact 207-513-3134 or lpirc@lewistonmaine.gov.

April 17 - Storytime with Courtney, pediatric occupational therapist from Pride Pediatric Therapy, 10:30 – 11:30 a.m., Jay-Niles Memorial Library, 983 Main St, Jay, hear a story, enjoy a themed

sensory bin, make crafts, and play with friends, free, open to the public.

April 18 - Dungeons and Dragons for teens/tweens, 9 a.m. to noon, Jay-Niles Memorial Library, 983 Main St, Jay, new players welcome and supplies are provided.

April 18 - Maine Franco-American Genealogical Society to host Maine author Denis Ledoux, 10 a.m., Androscoggin Community Room, Auburn Public Library, 49 Spring St., Auburn, admission is free and open to the public.

April 18 - Painting Class: Flowers in Bloom, 11 a.m., 2nd floor Idea Lab, Lewiston Public Library, 200 Lisbon Street at the corner of Pine Street, Lewiston, recommended for children ages 7 – 14 years old, FMI call 513-3133 or LPLKids@lewistonmaine.gov.

April 18 - American Legion Auxiliary Unit 39 Madison Luck of the Draw, doors open at 10 a.m., drawings start at noon, VFW Post 7865, 58 Preble Ave, Madison, currently looking for items for the Luck of the Draw, items can be NEW or SLIGHTLY USED, Contact Harriet 207-635-2051 or 207-431-4903, Tammy 207-399-4948, or Diane Pinkham 207-314-5135 if you would like to donate.

April 21 — Cabin Fever Concerts, 6:00 – 7:30 p.m., 98 Matthews Way, off rt. 117, Turner Center, Mary Murphy – blues.

MONTHLY MEETINGS

TURNER: At Turner Public Library Stay & Play is on Wednesdays from 9:30-10:30 a.m., Story Hour is at 10:30 a.m., and Silent Book Club is from 4-6 p.m. on Thursdays.

OQUOSSOC: Rangeley Region Skeet and Trap Association (RRS&TA) announces its 2025 shooting schedule,

welcoming members and visitors to experience clay shooting sports, Wednesday: Trap and Skeet starting at 4:00 p.m., Thursday: Sporting Clays and Skeet starting at 4:00 p.m., Saturday: Five Stand and Skeet starting at 10:00 a.m., Sunday: Trap and Skeet starting at 1:00 p.m.

WAYNE: Cary Library Book Sale, 9:30 a.m. - 12:30 p.m., 3rd Saturday every month, Williams House, 14 Old Winthrop Road, Wayne, FMI call 685-3612 or visit our website <https://www.cary-memorial.lib.me.us>.

PORTER: Sacopec Valley Cancer Support Group for Men and Women, fourth Friday of each month from 1:30-3:00 p.m., Riverside United Methodist Church, 5 Porter Street, Porter, FMI please call Marianne Wyer at: (207) 749-0392.

LIVERMORE FALLS: Craft Circle, 5:30 p.m., Treat Memorial Library, 56 Main St., Livermore Falls, bring your own project or learn along with us, this is a craft group for all ages, FMI call (207) 897-3631.

LIVERMORE FALLS: Ernie Steward from Spruce Mountain Adult Education visit the library to help our patrons with their technology needs, 3 p.m. to 5 p.m., Treat Memorial Library, 56 Main St., Livermore Falls, sign up by calling (207) 897-3631.

FARMINGTON: Nami Farmington Family Support Group, for family and friends of people living with a mental illness, 3rd Monday of each month, 6:30-8 p.m., Maine Health Franklin Hospital, 111 Franklin Health Commons, Farmington, Contact Louise (207) 592-9933 or Kathy (207) 318-1075

FARMINGTON: Farmington chess club meets every Thursday morning at the Parks and Rec Center, 127 Middle St., Farmington, from 9:30 a.m.-12:30 p.m.

FARMINGTON: St. Joseph Nutrition

Center, corner of Quebec and Middle Street (across from St. Joseph Church) A “Blessing Box” in front of the building. More information or to help out: (207) 778-2778.

JAY: St. Rose of Lima Food Assistance, 1 Church Street (Parish Hall) A “Blessing Box” faces the street in front of the building. More information or to help out: (207) 897-2173.

JAY: St. Rose of Lima Community Meals, 1 Church Street (Parish Hall), Community meals offered on the first and third Saturdays of the month from 4:30 p.m. to 6 p.m. For more information or to help: (207) 897-2173.

MADISON: Music Jams - Open Mic. 1st and 3rd Sunday of each month, 1-4 p.m. Masonic Hall, Madison.

MADISON: The Madison Historical & Genealogical Society will be open for viewing the many Madison’s historical displays and usage of genealogy resources every Saturday from 10 a.m. to 2 p.m. at the Old Point Avenue School, 108 Old Point Avenue, Madison. New members and volunteers are always welcomed. Contact person Judy Mantor, president at 696-5810.

RANGELEY: The Lakeside Contemporary Art Gallery’s spring/summer show, paintings by Ashton F. LeCraw, will run from May 29 - July 6th. All is welcome & artwork is available for purchase. LCAG is located at 2493 Maine Street, Rangeley & open Tues - Sat. 10 a.m. - 2 p.m. & during theatre showing. <https://rangeleyarts.org/event/lcag-artist-reception-ashton-lecraw/> or call 207-864-5000.

SKOWHEGAN: St. Anthony’s Soup Kitchen, 273 Water Street, 1st and 3rd Tuesdays of each month and every Thursday, 3 p.m. to 4

MAINE CALENDAR PAGE

If you are hosting a free community event and would like it added to our calendar, please email your details to: advertising@turnerpublishing.net and include: Date of event; name of event; time of event; venue location; town; contact phone number. Late submissions may not be published. Emailed events are processed faster. Our Maine Events calendar page is FREE for free community events. Church, library and school event news is free on this page. If you are a business and/or charging admission/fee, there is a charge for a display ad on these pages. Email: advertising@turnerpublishing.net. Call 207-225-2076 for prepayment options. Events for the Maine Events Calendar should be received two weeks before the event in order to be considered for publication. Please refer to our deadline chart at this link for specific publication deadlines: www.turnerpublishing.net/pdf/Deadlines.pdf

2X2 AD THIS SIZE

Call 225-2076 or email advertising@turnerpublishing.net for pricing on our calendar page.

1X2 AD THIS SIZE

p.m. For more information or to help: (207) 474-2039.

org FMI call 441-8002 or 623-1924.

WATERVILLE: Central Maine Square Dance club offering beginner lessons, every Tuesday 6:30-8:00 p.m., George Mitchell School Dutton St., Waterville, cost is \$5.00 per lesson, FMI call Bob at 447-0094.

ONGOING:

FARMINGTON: Farmington Grange has WWW, Wednesday Welcome and Warm Up, First and third Wednesdays, November thru April. Everyone is welcome, 10-2, coffee sweets, light lunch, social time, projects, games and puzzles. Grange Hall is located at 124 Bridge Street, West Farmington. For more information call Bonnie Clark 207-778-1416

FARMINGTON: Nine-ish- NA Meetings (In Person), 9:15-10:30 a.m., Franklin Memorial Hospital, 111 Franklin Health Commons, Farmington.

Food Addicts Meetings
FREE - Food addicts in recovery meetings: Tues Zoom and phone, Thurs phone and Sun in person. foodaddicts.org

Events for the Maine News Calendar should be received two weeks before the event in order to be considered for publication. Please refer to our deadline chart at this link for specific publication deadlines: <https://www.turnerpublishing.net/pdf/Deadlines.pdf>. Email your event information to articles@turnerpublishing.net and include: Date of event; name of event; time of event; venue location; town; contact phone number. Late submissions may not be published. Emailed events are processed faster.



FITNESS CLASS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8-9AM Golf Prep w/ Hawk	8-9AM Total Body Strength w/ Brit	8-9AM Golf Prep w/ Hawk	8-9AM Total Body Strength w/ Brit	8-9AM Total Body Strength w/ Brit	9-10:15AM All Levels Yoga w/ Kristina
9-10AM Super Circuit w/ Hawk	9-10AM ALL LEVELS SPIN w/ Cyn	9-10AM Super Circuit w/ Hawk		9-10AM Super Circuit w/ Hawk	
10:15-10:45AM Functional Fitness w/ Hannah	10:15-11AM Chair Yoga w/ Hannah	10:15-10:45AM Functional Fitness w/ Hannah		11AM-12PM Water Aerobics w/ Diane	
11AM-12PM Water Aerobics w/ Diane	4-5PM Karate (Kids) w/ Dan		5-6PM Karate (Kids) w/ Dan		
	5-6PM Power Yoga w/ Hannah	3-6:30PM Jiu Jitsu w/ Shawn	6-7PM Karate (Teens/Adult) w/ Dan		

MEMBER PRICING:
BLUE CLASSES - \$10
PINK CLASSES - FREE
GREEN CLASSES - Monthly Fee
NON-MEMBER DROP IN \$12

Rangeley Health and Wellness
For updated online schedule



THE HEALTHY GEEZER *Fred Cicetti* SHOULDER PROBLEMS (PART 2)

The shoulder is made up of three bones: the collarbone, the shoulder blade and the upper arm bone. The shoulder is the body's most movable joint. It is also unstable because the ball of the upper arm is larger than the shoulder socket that holds it. The unstable shoulder is held in place by soft tissue: muscles, tendons and ligaments.

Common shoulder problems include dislocation, separation, torn rotator-cuff, frozen shoulder, fracture, arthritis, tendinitis and bursitis. The rotator cuff is defined as the set of muscles and tendons that secure the arm to the shoulder joint and permit the arm to rotate.

Doctors diagnose shoulder problems by studying your medical history, giving you a physical examination and performing tests such as x-rays, ultrasound and magnetic resonance imaging (MRI).

Shoulder problems are most often first treated with RICE (Rest, Ice, Compression, and Elevation):

- Rest the shoulder for two days.
- Ice the injured area for twenty minutes, four to eight times per day.
- Compress the painful area to reduce swelling.

- Elevate the injured area with a pillow to keep it above the level of the heart.

Other treatments:

- Slings are used often to keep an injured shoulder in place.
- After rest, stretching and exercise can improve range of motion, strengthen muscles, and prevent injury.
- Nonsteroidal anti-inflammatory drugs (NSAIDs) such as aspirin, ibuprofen and naproxen are used to reduce pain and swelling.
- Ultrasound is used to warm deep tissues and improve blood flow.
- An injection of a corticosteroid drug into the shoulder is often recommended if the injury does not improve in the first few weeks.
- Transcutaneous electrical nerve stimulation (TENS) with a small battery-operated unit may be used to reduce pain by blocking nerve impulses.
- When tears are severe, surgery may be required.

Seniors often can be treated without surgery for a complete rotator-cuff tear.

Here are some easy exercises to strengthen shoulder muscles and prevent injuries:

- * Attach elastic tubing to a doorknob. Pull the elastic tubing slowly toward your body. Hold for a count of five. Repeat five times with each arm. Perform twice a day.
 - * Lean forward and place your hands on a wall with your feet shoulder-width apart. Slowly perform a push-up. Hold for a count of five. Repeat five times. Perform twice a day.
 - * Sit upright in a chair with armrests. With your feet touching the floor, use your arms to rise slowly. Hold for a count of five. Repeat five times. Perform twice a day.
- An aerobic exercise program will help improve the blood flow to a tendon or bursa. This helps reduce soreness. Smokers should quit smoking, so more oxygen reaches the injured tendon. This will help the injury heal faster.



A FEW WORDS *by John Governale* A POETIC MEMORY

I was in the second grade at a small school in Lubbock, Texas. The teacher asked us to each write a poem to be turned in the following morning. I was pumped by the assignment. I labored all evening on it and couldn't wait for school the next day.

My poem was about wanting to be an explorer. The only lines I remember now are two from the middle of the poem. "I'd smoke a big cigar, And call myself Be-auregard." As you can tell from that snippet, it was an entertaining and precocious work.

The next day as the class was headed outside for recess, the teacher asked me to stay behind a moment. "Sit down," she said smiling, indicating a chair by her desk. She pulled my poem out of a folder. "Who wrote this?" she asked in a friendly tone.

I was too young to see where this was going or to realize I should be alarmed. "I did," I said proudly. Again her tone was friendly. "Johnny, do you understand what lying is?" "Yes, ma'am." "And you know that lying is wrong?" "Yes, ma'am." "To say that you wrote something when actually someone else wrote it is telling a lie. Do you un-

derstand?" "Yes, ma'am," I said, still without a clue. "I'm going to ask you again, who wrote this poem?"

My brain suddenly clicked. I couldn't believe what she was asking. It had never occurred to me in my young life to do such a thing as she was accusing me of. "I did," I told her earnestly. I could see the doubt in her eyes. "I really did," I said. Her face turned to stone, and her voice had flinty edges to it. "No second grade boy wrote this poem. I know and you know that you copied it out of a book. Tell me the truth, Johnny. Who really wrote this?"

I wished I'd written a stupid poem, one she would believe I'd written. "Tell the truth," she demanded.

"I wrote it," I said, not knowing what else to do. She gave me a look that melted the marrow from my bones. If I'd been standing, I would have fallen down.

"You have disappointed me greatly. I would never have taken you for a liar," she said, then wrote 'F for cheating' on my paper and stuffed it back in the folder.

She wouldn't look me in the eyes the rest of the year, and her attitude towards me never softened.

April is National Poetry Month. And so I present this defiant bit of verse:


Mrs. Crayfish
(not her real name)

I didn't lie, although she claimed I did.
And nothing I could say would convince her.
She thought I was a truly rotten kid
Who stole his lines from Blake or Poe or Spenser.

Looking back upon that fateful day
When she thought I was a sad, poetic sham,
I now with great sincerity can say
What I don't give rhymes perfectly with Lamb.

The Ultimate Wood Heat Outdoor Wood and Wood Pellet Boilers

ThermoPEX® pipe parts & accessories **Up to \$6,000* Rebate**



MAINE'S oldest Central Boiler dealer

For a limited time, up to \$6,000 rebate available from Efficiency Maine.

Independent P W E R GREENE MAINE **CALL: 207-946-4444**
www.independentpowermaine.com



Dallas Hill Rd., toward Saddleback Mountain, 864-9055 or 864-3612

Championship Quality Course

- 5 Tees on Each Hole to Match Any Golfer's Ability
- Practice Greens
- Driving Range
- Full Service Pro Shop

Weekly Golf League

Please visit our website for more info, video and pictures! www.evergreengolfrangeley.net

ASK ABOUT GOLF CLASSES All Levels



NEED A JOB? NEED TO HIRE HELP?

Check out the Turner Publishing, Inc. Jobs Board at www.mainejobstoday.com





Jodi Cornelio
Live Long, Live Well
Jodi R. Cornelio, AS, BA, MBA
Nutritionist, Personal Trainer and
Motivational Speaker
jcornelio@turnerpublishing.net

Move More April - Lets Go

Have you planned your Move More April? Time to get rid of that winter skin and get moving. With the weather changing and the sun shining this is a perfect time to get outside and enjoy the activities warm weather brings. There are many ways to get active and move more for April, here are a few.

1. Start a walking routine

Find a time of the day that works for you and go for a walk and make it a routine. Make an appointment every day to walk and put it on your calendar. If you do not have the time for a full hour walk, break it up into 2 30-minute sessions. Maybe 30 minutes in the morning and another 30 minutes after dinner. Walking on your lunch break is another way to get it in and refresh you. A lunch break walk can be invigorating and give you more energy to complete the rest of your day. It will help you focus and be more productive. You can make your walks a competition with friends. Maybe get a Fitbit and start a walking group with friends. See how many steps you can get in as a group. Set goals as a group and once achieved you can reward the group with a luncheon or dinner. Make it fun.

2. Join a class

Find a yoga class, weightlifting class, dance, Zumba or any type of cardio or strength class. The social aspect of group exercise can keep you motivated and involved. It can also be a fun way to get a lot of exercise. Experiment and mix it up to find what works for you.



3. Stretch and move throughout the day

Stuck at your desk all day? Incorporate some desk stretches like rolling and stretching your shoulders and neck. Stretch your arms and fingers. Incorporate a few exercises into your routine to keep your body active and your muscles engaged. Take frequent breaks to stand up and stretch. Do some side bends and leg lift to keep you limber. Gentle squats and deep knee bands can give you a little boost. Frequent, little movement throughout the day can make a big difference in your fitness level. Just keep moving. Take a

long way to the water cooler or the coffee clutch area. If you have stairs, use them frequently. Sitting for long periods of time relaxes the muscle in your core and can impact your back. It is so important to take frequent breaks from sitting to stay limber and injury free.

4. Add variety to your plan

Try different exercises and mix them up. Do not limit yourself to the same routine every day. Maybe bike one day and walk the next. Take a long hike or play pickleball to mix it up.

Swimming is also great exercise that you can incorporate. Go bowling. Take advantage of anything you can do to get more exercise into your day. Do yard work and pull weeds. Landscaping and raking leaves can be great exercise. Variety is the spice of life so keep moving.

5. Stretch while you watch TV

Instead of couching it in front of the TV. Lay on the floor and do some sit ups or pushups and plenty of stretches. You can do a lot of sit-ups in place of watching commercials. Challenge yourself to do some simple exercises like squats, lunges, or planks while you watch your favorite shows. It is a win-win! In the age of streaming, there are not always commercials, but find 3-5 minutes before starting that next episode to do a lap around the living room or jumping jacks. Or simply unplug awhile from all electronics and get moving.

Live Long, Live Well

WESTERN MOUNTAINS'
MOST TRUSTED
STANDBY GENERATOR
DEALER

- Turn-key installations for both residential & commercial projects.
- Offering Planned Maintenance Agreements on all makes & models.
- Fully certified KOHLER & CUMMINS service staff with 24/7 emergency service available.

POWER POINT
GENERATOR POWER SYSTEMS

207.864.2787
POWERPOINT.COM

Call Paul Rizzo

Banking that believes in *you*

Franklin Savings Bank

Farmington • Wilton • Jay • Rangeley • Rumford • Skowhegan • Ellsworth

MEMBER FDIC

MOVIE REVIEW *by Lucas Allen*

HOPPERS

Walt Disney Pictures-Pixar Animation Studios

Since the pandemic, Pixar has been on an up-and-down streak with its theatrical releases, with last year's *Elio* having the lowest box office results. This year, the beloved animated studio is poised to bounce back with two new releases, starting with their newest original film, "Hoppers." It is directed by Daniel Chong, whose previous foray into family animation is the popular Cartoon Network TV series "We Bare Bears," and he directed the 2020 film version.

Ever since she was young, Mabel (Piper Curda) has been on an obsessive quest to protect the animal wildlife of the

small town of Beaverton, including the Glade she shares with her beloved grandmother (Karen Huie). Now, as a college student, she is continuously at odds with the re-electing Mayor Jerry (Jon Hamm) over putting the freeway over the forest. One night, she stumbles upon the lab of her professor, Dr. Sam (Kathy Najimy), where the scientist develops robotic technology to put a person's consciousness into a robot animal for the purpose of studying animal communication. In her final effort to save animal-kind, Mabel uses it to transfer herself into a robot beaver before she whisks herself into the forest.

Soon enough, she finds herself in a mammal

community led by the kind beaver king George (Bobby Moynihan) that lives by "pond rules" after being away from their homes. Quickly making friends with them because of her beaver appearance, Mabel tries to warn them of the imminent danger coming to them from Mayor Jerry. However, it becomes a sudden revolt as the psychotic Insect King (Dave Franco) rallies the other animals into "squishing" the human king.

Although the movie gets a little preachy in the beginning, it still carries a good message about the importance of nature and the environment we take for granted. It is mixed with some well-done, fluid animation and hilariously cute characters that both

young and old will enjoy. Much like the main character, the movie's heart is very much in the right place, especially when good intentions do not always work out easily.

To put it simply, this movie has a truly absurd story that, even by Pixar's standards, is executed with good entertainment value. The sci-fi angle is unbelievable enough, but when considering the plot, it is only secondary to the larger story. It helps to treat this as any heartwarming adventure without letting any scientific analysis take over.

Shockingly, the movie suddenly goes into dark 80's family film territory at the start of the third act, a 'la Roger Rabbit, Beetlejuice, or

Disney's own Return to Oz. Not only do things get tense in the climax, but a new villain enters with a creepy look and over-the-top intensity that it is sure to scare the living daylights out of younger viewers. It is bold for the usually animation-friendly studio to take a tonal shift to another direction though it feels like the plot went off the rails right there.

The voice acting is once again at the same level as Pixar's other favorites with Curda bringing emotional warmth and joyfulness to her character. Moynihan is great at his comic timing in all his scenes, while Hamm is surprisingly delightful in a hilariously flexible performance. Franco goes

full Syndrome for his minor villain role in such over-the-top fashion that it has to be seen to be believed. It is worth noting that Oscar winner Meryl Streep makes a small cameo like the Insect Queen, having a little fun flexing her vocal muscles to one scene.

Though not a major instant classic, "Hoppers" is still a Pixar gem worth checking out. If you have kids who are very into a jolly fun time and can handle some of the creepy parts, they will likely enjoy it time and time again.

THE MOVIE'S RATING: PG (for action/peril, some scary images, and mild language)

THE CRITIC'S RATING: 3.25 Stars (Out of Four)

Be prepared before the next power outage.

It's not just a generator. It's a power move.™

Receive a free 5-year warranty with qualifying purchase* - valued at \$535.

Call 207-405-2044 to schedule your free quote!

GENERAC

*Terms and Conditions apply.

LET THE PROS HANDLE IT! LeafFilter GUTTER PROTECTION

Say "NO" to Cleaning Out Your Gutters. Protect Your Home With LeafFilter.

20% OFF + 10% OFF

Your Entire Purchase* Seniors + Military

++ We offer financing that fits your budget!

Promo: 285

CALL TODAY FOR A FREE INSPECTION!
1-844-359-9904

ACCREDITED BUSINESS A+

* See Representative for full warranty details. *One coupon per household. No obligation estimate valid for 1 year. †Subject to credit approval. Call for details. AR 366920923, AZ ROC 344027, CA 1035795, CT HIC 0671520, FL CBC056678, IA C127230, ID RCE-51604, LA 559544, MA 176447, MD MHIC111225, MI 262300173, 262300318, 262300328, 262300329, 262300330, 262300331, MN IR731804, MT 226192, ND 47304, NE 50145-22, 50145-23, NJ 13VH09953900, NM 408693, NV 86990, NY H-19114, H-52229, OR 218294, PA 179643, 069383, RI GC-41354, TN 10981, UT 10783658-5501, VA 2705169445, WA LEAFNW82JZ, WV WV056912.

RANGELEY BUILDING & REMODELING

Providing people who love Rangeley a place to enjoy for generations!

www.rangeleybuilders.com

Cell 207-491-5142 Office 207-864-3925

Email: rangeleybuilders@msn.com

STATE OF THE ART SPORTS PUB WITH BIG SCREEN AND HIGH TOPS. ALL WELCOMED. TRIVIA AND KARAOKE EVERY WEEK!

CHECK US OUT!

SARGE'S Sports Pub & Grub

Phone 864-5616
Main St., Rangeley



If you would like to be in this special section, contact your sales rep directly, or call the office at (207) 225-2076 or email us at advertising@turnerpublishing.net

Put some spring in your cleaning step

Metro
Spring is the season of nature's rebirth. Trees and flowers begin to bloom anew each spring, and young animals can be seen frolicking with their parents. During a time when it seems like the entire planet gets a refresh, many homeowners turn their thoughts to refreshing their homes as well.

As the days lengthen and the weather warms, spring cleaning takes center stage. Spring cleaning is more extensive than simply washing away grime, as cleaning a home often offers a psychological reset for the coming months. A clear strategy can make the task of spring cleaning feel less daunting, and these tips can help cut down on clutter and other interior annoyances that have arisen after months spent indoors.

Declutter before cleaning

The rule of thumb when starting on spring cleaning is to combat clutter before cleaning. Trying to clean around clutter is inefficient and may result in throwing in the towel prematurely. It is important to remove as much as possible from each room before you begin cleaning. As homeowners move through each room, they can assess whether they've

used items in the last year or whether they serve any functional or aesthetic purposes. If not, they can be trashed or donated.

Move top to bottom

It's important to follow the rules of science when spring cleaning. That means that dust and debris will be affected by gravity. Engaging in a top-down approach will help make cleaning more efficient. Beginning at the ceiling and working down towards the floors will help people avoid having to clean the same surface twice.

Using a duster or a microfiber cloth, individuals can clear cobwebs from corners and dust from crown molding. Fingerprints will accumulate near light switches and door handles, so those areas should be wiped down, too.

Homeowners can conduct a thorough cleaning of heating and cooling output and intake vents as they likely have gathered dust over the winter. A down of floor moldings can get to any area near the floor or under furniture that doesn't get frequent cleaning.



Do a kitchen reset

Focusing attention on the kitchen, which tends to be the busiest room in the house, is a wise idea for spring cleaning plans. This is the time for individuals to pull everything out of the refrigerator and pantry and check for expiration dates. Wiping down the shelves means cleaning away any accumulated food drips or spills. Additional areas to consider include behind the refrigerator, inside the dishwasher filter and inside the microwave.

Focus on air quality

It's key to replace the HVAC system filters come springtime, as well as any air purifiers in the home. This will help reduce allergens and ensure that the cooling system will run efficiently when it's time to turn it on.

Spring cleaning takes place each year. Prioritizing decluttering and following a systematic path through the home helps people eliminate stress and mess at the same time.

Carrabassett Valley Academy athletes/coach selected to represent Team USA at the FIS Junior World Ski Cross Championships

CARRABASSETT VALLEY — Four athletes from Carrabassett Valley Academy (CVA) and one coach were selected to represent Team USA at the 2026 FIS Junior World Ski Cross Championships, March 18–21 in St. Moritz, Switzerland.

Those athletes are Jamison Hering '26, of Kingfield, Maine; Aidan Butler '26, of Carrabassett Valley, Maine; Sullivan Butler '24, of Carrabassett Valley, Maine; and Morgan Shute '25, of Allentown, New Jersey.

The FIS Junior World

Championships bring together the top ski cross athletes ages 16–20 from around the world and are considered one of the sport's most important development events, often serving as a steppingstone to World Cup and Olympic competition.

"We are incredibly proud to see these athletes and Coach Phelan represent both CVA and the United States at Junior Worlds," said CVA Head of School Alex Godomsky '91. "Opportunities like this reflect years of dedication, resilience, and hard work. It also speaks to the strength of the ski cross program here at CVA and the community that supports these athletes as they pursue their goals."

CVA's presence on the roster is particularly notable, with four of the ten athletes selected to represent the United States coming from the Academy. The strong showing reflects CVA's leadership in ski cross development

and the program's reputation as the premier academy-level ski cross program in the United States.

Joining the team as a coach is CVA Ski Cross Program Manager Michael Phelan, who will help lead the U.S. squad in St. Moritz. Since 2015, Phelan has played a key role in the growth and success of the Academy's ski cross program, guiding athletes to national titles, international starts, and elite development pathways. In 2024, he was named Head Coach for Team USA at both the Youth Olympic Games and the Junior World Championships.

Athletes competing in St. Moritz will face a highly competitive inter-

national field that includes racers from traditional ski cross powerhouses such as Canada, Germany, Switzerland, and France, offering a valuable opportunity to gain experience on the global stage against the sport's top junior competitors.

CVA's continued representation at events like the FIS Junior World Ski Cross Championships reflects the Academy's commitment to developing world-class athletes while supporting their academic and personal growth. With multiple athletes representing the United States this year, CVA continues to play a central role in shaping the future of American ski cross.



M&H CONSTRUCTION JOB OPPORTUNITIES

FINANCE MANAGER ASSISTANT

Work in the business office on a wide variety of tasks including but not limited to accounts payable, accounts receivable, payroll processing, customer records management, bank account reconciliation, processing incoming checks, producing weekly, monthly, quarterly and annual reports. General as-needed office work including answering phones and responding to e-mails are key components to this position plus excellent communication and Customer Service skills are required. Some remote work is possible. Must be proficient in Excel, Work, Outlook and Sage accounting software would be a bonus.

LOG & DUMP TRUCK DRIVERS

Commercial driver's license with clean record required – CDL license is a bonus.

JOB ESTIMATOR

Primary roles are to do project take-offs, site design/planning for road and site work and other types of excavation-type projects. Familiarity with commercial site and real estate design is required. Excellent internal and external communication skills are essential. NOTE: This position could also include truck and/or equipment operation depending on workflow. Great opportunity to grow is possible over time.

LAYOUT FOREMAN

M&H Construction is seeking an energetic person to work with the Owners to do take offs and estimates for road and site work projects. The successful candidate will be our Layout Foreman and work with our Auto Desk program. Many of our projects are not engineered therefore we keep our layout person busy driving various pieces of equipment (i.e., trucks, excavators, etc. Our crew is very experienced with seasoned project managers resulting in a great learning opportunity for the successful candidate. Please e-mail your resume to Jim Brown, CFO at jim@mhconstruction.net.

All positions offer competitive compensation and benefits.
M&H Logging & Construction, LLC is an equal opportunity employer

Please contact Jim Brown, CFO @ 207-864-5617, Ext. 100 or jim@mhconstruction.net

Scam Alert Bulletin Board



Social Security Notification? Take An Active Pause

You receive an unexpected communication from the Social Security Administration (SSA). It might warn that your Social Security number has been linked to criminal activity and suspended, or it could offer good news, such as a supposed benefit increase. Regardless of the story, the goal is the same: to steal sensitive information or money.

Most scams come to us with three common red flags: a contact from out of the blue that heightens our emotions and contains urgency. When you notice these three red flags together, take what AARP

calls an "active pause." Take an intentional step back and reflect on what you might know about the scenario – "Does this make sense? Have I heard something about this before?" This pause gives you time to apply logic—something the criminal playbook is written to avoid—and protect yourself and your assets.

If someone contacts you saying they represent the SSA, call the agency directly at 800-772-1213 or visit ssa.gov/myaccount instead of responding directly to the communication. If you shared your Social Security number and believe it was part of a scam, go to IDtheft.gov for step-by-step guidance.

Learn how to spot and avoid scams with AARP Fraud Watch Network™. Suspect a scam? Call our free helpline at 877-908-3360 and talk to one of our fraud specialists about what to do next.

Need a scam prevention speaker for your group? Click the link to fill out our online form or send an email to me@aarp.org.



HELP WANTED

SALE/MARKETING CONSULTANT

Ready for some fun? Do you enjoy being a part of your community, spreading Good News, being creative and helping businesses grow? Then this job is for you!

JOB DESCRIPTION:

Work from home office or company office. Base plus commissions on sales. This position is customer service and community focused and is responsible for generating advertising sales. You will be connecting with advertisers, businesses and the community via phone, email, Zoom, and in-person. Prospecting sales opportunities and selling print, digital ads, and direct mail flyers is the primary function of this position. Primary territory is Maine. Being involved and knowing the community is very important to the success of this position. The perfect candidate for this position must have a winning attitude and be competitive by nature and have the strong desire to help grow and nurture businesses and community. Knowledge of direct mail marketing and digital marketing is helpful. Must have 5 years sales experience, preferably in advertising or media. Must have a working knowledge of computer software programs such as Microsoft Office, social media platforms and database systems. Must be organized and detailed. Must have a home computer or laptop, printer, cell phone and a dependable car and a valid driver's license. Opportunities for Sales Management is a natural progression for this position and anyone with sales and marketing skills in the media world should apply. We are an EOE. Full benefits included.

ABOUT THE COMPANY. Turner Publishing Inc. is the largest direct mail, "Good Community News" publishers in Maine. We publish 20 Total Market Saturation, "Good Community News" Publications. We mail to over to 200,000 mailboxes in Maine and reach over 607,000 readers. Our publications are also accessible FREE online. In our magazine division, we publish one of the strongest state of the art cannabis magazines and a Maine craft brew magazine. We are a Maine, family owned business who have been supporting the communities we serve for over 30 years. We offer full benefits and company perks. If interested in learning more, please call 207-225-2076, or send resume to jobs@turnerpublishing.net

B•L•U•E•S Buying•Local•Used & Extra•Stuff



Donate Your Vehicle

Call (855) 208-7353 to donate your car, truck, boat, RV, and more today!

How it Works:



1. Contact Us
Call (855) 208-7353



2. Schedule Pickup
We'll pick up your vehicle for FREE - at a time and place convenient for you.



3. Receive Top Tax Deduction
You may qualify for a tax deduction.



- Support Veteran Nonprofits.
- Free Pickup & Towing.
- Top Tax Deduction.

Donate Your Vehicle Today
855-208-7353



While we appreciate every donation, in some cases, we find that we are unable to accept certain vehicles, watercraft, and/or recreational vehicles due to the prohibitive costs of acquisition. If you have any questions, please give us a call at (855) 208-7353.

ALANON MEETINGS

Is your life unhappy due to the effects of someone's drinking? **You are not alone!** Al Anon: Help for families and friends of alcoholics. Toll free: 800 498 1844. Maine: 207 284 1844. AIS (area information service) - ais@maineafg.org.

EARTHLINK

Connect to the best wireless home internet with EarthLink. Enjoy speeds from 5G and 4G LTE networks, no contracts, easy installation, and data plans up to 300 GB. Call 855-530-3127.

OUR CLASSIFIED PAGE is FREE for free/swap items or for non-business sales. There is a fee for business sales or services. See below for sizes/rates. Different rates apply for help wanted and real estate ads. Please call 225-2076 for rates. Or email: advertising@turnerpublishing.net

2X2 AD
THIS SIZE

Call 225-2076 or email advertising@turnerpublishing.net for pricing on our classified page.

1X2 AD
THIS SIZE

DISCLAIMER: Readers should determine the value of services/products advertised in this publication before any exchange of money or personal information takes place. Turner Publishing, Inc.'s classified ads service may be used only for lawful purposes. The violation of any applicable local, state, federal or foreign law or regulation is prohibited. Turner Publishing, Inc. is not responsible nor liable for any personal or professional services which are offered in its classifieds section. All parties who post classified ads and all parties who elect to utilize the services posted assume full liability. None of the individuals listed are endorsed in any way by Turner Publishing, Inc.

To serve you better-not only do we mail our good news publications to your mailbox:

- You can find us free online at www.turnerpublishing.net
- You can find us at one of your local grocery stores while supplies last
- You can pick one up at our office in Turner



Legal Information

PO Box 214 • Turner, ME 04282

email: advertising@turnerpublishing.net • articles@turnerpublishing.net

The Mountain Messenger is published by Turner Publishing Inc., P.O. Box 214, Turner, ME 04282-0214. Advertisers and those wishing to submit articles of interest can call 1-207-225-2076 or email articles@turnerpublishing.net. Any views expressed within this paper do not necessarily reflect those of this paper. This paper assumes no responsibility for typographical errors that may occur, but will reprint, at no additional cost, that part of any advertisement in which the error occurs before the next issue's deadline. This paper also reserves the right to edit stories and articles submitted for publication.

All content within our publication and on our website is for educational and entertainment purposes only and should not be considered personal, legal, or medical advice. In the state of Maine, cannabis is intended for use by those 21 and older, or 18 and older with a medical prescription. Both the printed publication and website are intended for those over the age of 21. If consuming, please keep out of the reach of children. The Publisher assumes no responsibility for the advertisements within this publication. We strive to ensure the accuracy of the information published. The Publisher cannot be held responsible for any consequences which arise due to error or omissions. This paper is mailed on a weekly basis, FREE to all postal customers of Strong, Avon, Phillips, Madrid, Rangeley, and Oquossoc and the Plantations of Dallas, Rangeley & Sandy River.



CLASSIFIED ADS

Send this order form with payment to

Turner Publishing

P.O. Box 214

Turner, ME 04282

Number of Weeks _____

Name _____

Address _____

City/State _____ Zip _____

Mountain Messenger's Bishop

Advertising:

Jodi Cornelio
George McGregor
Brett Bannister
Kathlene Clarke
Jessica Mason

Production

Michelle Pushard
Brett Bannister

Proofreader

Robin Robertson
Jared Wood

Writer/Photographer

Bill Van Tassel

Administration

Jessica Mason
Brett Bannister



TRAVEL *by Victor Block*

UPGRADING ONE'S CULINARY TALENTS

When Marie Crawford decided to enhance her culinary skills, she found that no cooking classes were offered in, or very near to, her home in Aroostook County. She signed up to take courses at the Maine Tasting Center in Wiscasset.

There she had a choice of subjects ranging from preparing fiddleheads, and shucking and serving Maine oysters, to Maine Heritage Beans & Bean Suppah.

Marie also turned her gastronomic galloway into a sightseeing excursion. She strolled along the banks of the Sheepscot and Back rivers, hiked in the surrounding rolling hills, and checked out the vibrant working waterfront buzzing with activities including lobster fishing, sport fishing and clam digging.

Similar opportunities to combine a culinary learning experience with stimulating sightseeing abound throughout the United

States. After a search to find cooking classes that are of interest, people may hunt for things to see and do nearby.

Among culinary courses at Bossier Parish Community College in Louisiana are food basic skills, development and preparation principles. The region's relationship with food traces back to the 1830s, when the Elysian Groves Plantation grew corn, sweet potatoes and other crops which were shipped to markets in the south and east.

Mealtime in Texas often means brisket, chicken fried steak and pecan pie. At the Spread Oaks Ranch in Markham, selections include fresh-from-the-gardens and greenhouse veggies and learning to pair wines with food. When they're not preparing, or enjoying edibles, guests may select from a long list of activities including fresh and saltwater fishing, hunting birds and stalking deer, wild hogs and alligators.

Agriculture has long shaped Idaho's identity, and the state's food culture reflects a deep connection to locally grown ingredients and seasonal produce. Students at North Idaho College in Coeur d'Alene may study classical cooking techniques, nutrition and baking fundamentals.

Similar classes – Culinary Essentials, Nutrition, Bakeshop I and II -- also offered at the Danville Area Community College in Illinois. They're augmented by courses in salads, sandwiches, farm-to-fork and other topics, all taught by master chefs in a state-of-the-art kitchen.

The choices at Ivy Tech Community College in Indianapolis, Indiana are equally varied and are available at nine locations. In addition to overall Culinary Arts classes, they include baking and pastry, dietary administration and beverage management.

Hands-on experience is a focus of study at Ed-



monds Community College in Lynnwood, Washington. It blends classic cooking techniques with regional flavors. Students gain experience working in local kitchens, including the College Café.

Opportunities to cook in a college café, perfect your pastry prowess, broil brisket and try out regional recipes are just a few of countless approaching to upgrading one's culinary talents. Combining that learning experience with a sightseeing sojourn can offer benefits well beyond the plate, and palate.

For a comprehensive list of cooking schools throughout the United States, log onto culinary-schools.org/us.



Submitted photos



SAVE 15% ON YOUR ELECTRIC BILL TODAY

"I just signed up with Maine Community Solar after leaving a message with them yesterday. My call was courteous, professional and the agent was personable. (I had left messages with a couple of other companies and they still haven't gotten back to me). The sign up process was simple and took about 5 minutes. It will take a few months before the process is complete, but another vendor had given me a date sometime in the next calendar year. I am happy to be doing this and dealing with a Maine company."

Bob Barton
Westbrook

Call our office in Portland at 207-888-3670 or visit www.mainecommunitysolar.org for assistance.

Scan the QR code to get started



Join a local solar farm. When you do,

- You support local, renewable energy
- There's nothing to buy, install, or maintain
- You join a free, state-backed program
- Get a \$50 gift card as a Thank You

Mobile Friendly Community News and "Its All Good"

IF you want to receive this publication in your email FREE each month. Email us at advertising@turnerpublishing.net and list which publication you would like to receive free each month.

You can also call the office and request an email publication as well at 207 225 2076.

Thank you for reading the Communities "Good News"

Happy New Year!

